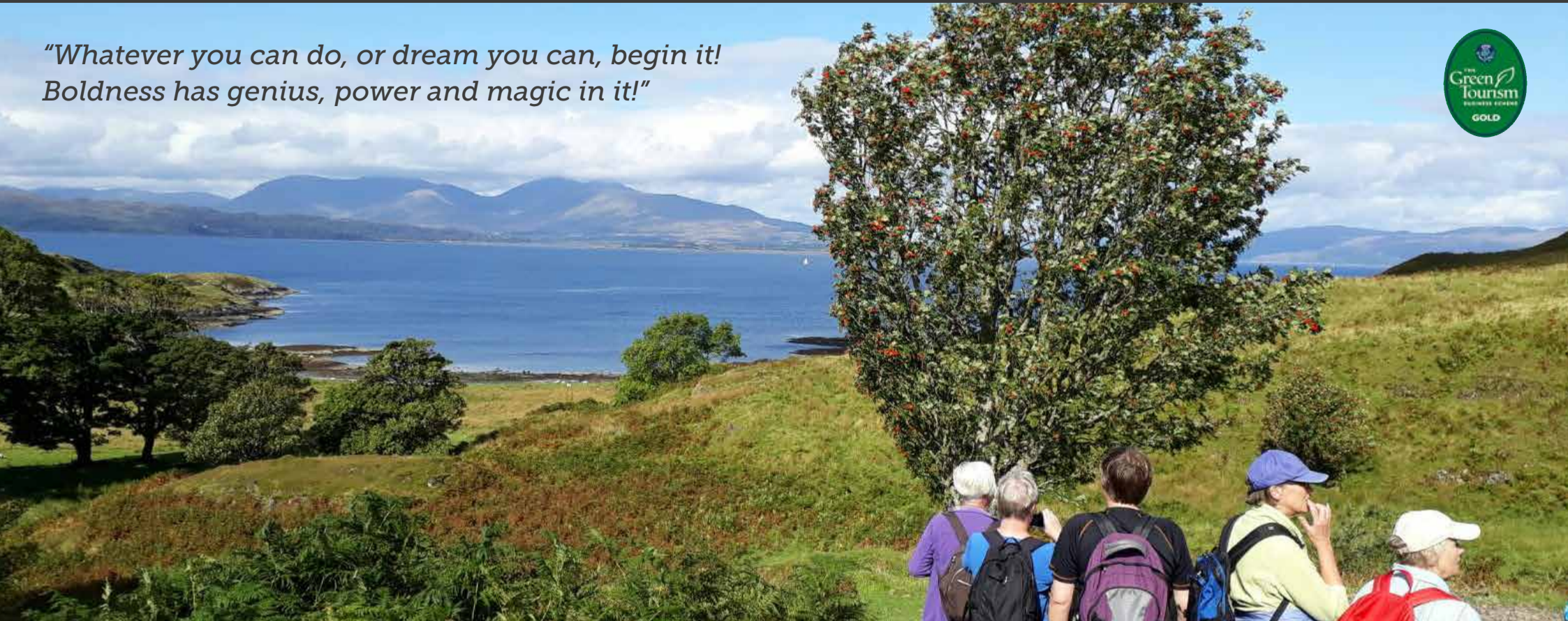


*"Whatever you can do, or dream you can, begin it!
Boldness has genius, power and magic in it!"*



2018 Scheduled holiday dates and prices

DATES	HOLIDAY	GRADE	PRICE
2-12 May	A Cape Wrath Trail South	4	£1,330
2-20 May	A Cape Wrath Trail	3-4	£2,395
12-20 May	A Cape Wrath Trail North	3	£1,095
23 May - 1 June	Skye Trail	3	£1,195
9-12 June	Fisherfield Raid	5	£365
9-17 June	Shetland Islands	1-2	£1,295
16-25 June	Outer Hebrides	2	£1,075
30 June - 3 July	Ben Alder Raid	4	£365
6-15 July	Skye Trail	3	£1,195

DATES	HOLIDAY	GRADE	PRICE
18-28 July	A Cape Wrath Trail South	4	£1,330
18 July - 5 Aug	A Cape Wrath Trail	3-4	£2,395
28 July - 5 Aug	A Cape Wrath Trail North	3	£1,095
6-13 Aug	Road to the Isles	2-3	£995
1-10 Sept	Outer Hebrides	2	£1,075
1-11 Sept	A Cape Wrath Trail South	4	£1,330
1-19 Sept	A Cape Wrath Trail	3-4	£2,395
11-19 Sept	A Cape Wrath Trail North	3	£1,095
22-28 Sept	Handful of Islands	1	£837

Private guided, independent and specially for you

We can't say it all here, so please go to the website, drop us an email, or give us a call with your ideas.

We're here to provide something that tempts and inspires you to get active in Scotland.

Dates are flexible and almost anything's possible so tell us about it!

For full details, including day to day programme, other products and options, give us a call or go to:

www.cndoscotland.com

Walking > Wilderness journeys > Long distance trails > Wild highland discoveries > Island explorations > Wilderness backpacking

Notes

In Scotland, the term "walking" means any travelling on foot which does not include running or roped climbing and doesn't use hands for keeping one attached to the ground. Equivalent terms abroad are hiking, tramping, trekking, etc. Where the use of hands is required to maintain balance we use the term "scrambling". The grading is a general indication. If you'd like to check further, please contact us.

Grade 1 for:

Novices, armchair walkers, intermittent exercisers.
TERRAIN: Flattish or mildly undulating, uncomplicated. Mostly paths.
AVERAGE DAILY DISTANCE: 5-8 miles (8-13km)
AVERAGE DAILY ASCENT: Less than 1000ft (300m)
WALKING FOR: 4-6 hours (plus stops)

Grade 2 for:

Fit novices, anyone with a reasonably active lifestyle.
TERRAIN: Undulating, perhaps lumpy, with some off path rough walking.
AVERAGE DAILY DISTANCE: 8-12miles (13-20km)
AVERAGE DAILY ASCENT: One or two ascents of up to 1500ft (450m)
WALKING FOR: 5-7 hours (plus stops)

Grade 3 for:

Fit novices, regular vigorous exercisers, regular hill-walkers / hikers. Good fitness and stamina required.
TERRAIN: Longish varied paths or rough unpathed hillsides.
AVERAGE DAILY DISTANCE: 8-14 miles (13-22km)
AVERAGE DAILY ASCENT: Up to 2500ft (770m)
WALKING FOR: 6-8 hours (plus stops)

Grade 4 for:

More suited to regular hill walkers / hikers with recent regular experience of rough terrain. Good fitness and stamina necessary. Adventurous and fit novices could be fine - please ask.
TERRAIN: Mountainous with a mix of paths and off path ground which may be rough.
AVERAGE DAILY DISTANCE: 8-14 miles (13-22km)
AVERAGE DAILY ASCENT: Up to 4000ft (1250m)
WALKING FOR: 6-9 hours (plus stops)

Grade 5 for:

Must be regular hill walkers / hikers. Must be fit and experienced enough to enjoy long days with significant ascent and descent.
TERRAIN: Much is rough and steep even when on paths.
AVERAGE DAILY DISTANCE: 8-16 miles (13-26km)
AVERAGE DAILY ASCENT: Up to 5000ft (1400m)
WALKING FOR: 6-10 hours (plus stops)

Holiday Insurance Cover

We strongly recommend that you should have holiday cancellation and travel insurance. To assist you we have a couple of suggestions on www.cndoscotland.com/booking/travel-insurance.php.

Safety and qualifications

All C-N-Do leaders hold both an appropriate, recognized qualification to match the trips they do, and a current first aid certificate. C-N-Do is also licensed by the Adventurous Activities Licensing Authority to accept unaccompanied under 18 year olds on all appropriate activities. Our leaders have an enviable reputation for their professionalism, friendliness, and fun, sympathetic approach to leadership, knowledge of Scotland and empathy with the outdoors.

VAT

All prices include VAT at the current rate. If the rate changes, so might prices.



33 Stirling Enterprise Park,
Springbank Road, Stirling FK7 7RP

Tel/Fax: +44 (0) 1786 445 703 (24hrs)

Email: admin@cndoscotland.com

FOR THE FULL IN-DEPTH LIST OF ALL OUR WALKING HOLIDAYS IN SCOTLAND VISIT:

www.cndoscotland.com

WALKING HOLIDAYS 2018

WALK SCOTLAND

with **C-N-DO SCOTLAND**



WALK SCOTLAND

FOR MORE INFORMATION VISIT:
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CALL US ON:
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OR EMAIL US AT:
admin@cndoscotland.com



OPEN GUIDED

HIGHLANDS & ISLANDS

Shetland Isles

> Grade: **1-2** > Accommodation: 2xferry cabins+B, 4xYH+B, 2xGH+B

It's wild, it's wonderful, it's fascinating; island hopping at its best. There's a terrific mixture of dramatic scenery but with plenty of quiet corners; thousands of sea birds and yet time to watch just one; seals, otters, sharks, whales, dolphins and every chance of seeing them. With a character firmly rooted in its Viking past, and many remains of those earlier times, this area is a must for lovers of wildlife, dramatic scenery, archaeology and geology.

We're re-introducing this trip by popular demand. Islands included – Shetland Mainland, Yell, Unst, Fetlar, Muckle Roe, Mousa, (St Ninian's Isle), maybe more.

Outer Hebrides

> Grade **2** > Accommodation: 9xYH+B > Transport: FT

From Lewis, through Harris, Benbecula and the Uists, to Eriskay and finally Barra and Vatersay, we explore the islands and experience a fascinating way of life. Start by staying in a traditional thatched cottage to set the scene, enjoy beaches to die for, wide Hebridean skies, tweed making and Gaelic, history at every turn, a sense of space, and time for reflection. You've simply got to go there!

Handful of Islands

> Grade **1** > Accommodation: 3xYH, 3xGH+B > Transport: FT

7 islands in 5 walking days; Kerrera, Lismore, Luing, Mull, Iona, Staff, Erraid. Pure, cool magic! Half based in the buzzing island supply port of Oban, and half on the Ross of Mull, from both of which we venture forth daily to collect another one or even two of the varied scattering of islands nearby. They're all different, special and unforgettable. Easy paced strolling will allow us to absorb the character, store the views, and create memories. Fantastic island-hopping exploring.

Road to the Isles

> Grade: **2-3** > Accommodation: 7xyh+FB > Transport: FS

Great selection of wilderness trails between Rannoch and the Isle of Skye give an insight into cattle droving days of old. Awesome landscapes with wildlife galore. Savour places like Loch Ossian and Glen Affric, using routes like the Lairig Leacach, Bealach an Sgairne and the Corrieyairack, before experiencing the haunting clearance villages of Boreraig and Suisnish.

KEY

> Accommodation

YH+B Hostel bed and continental breakfast
YH+FB Hostel bed and all meals
GH+B Guest House and breakfast
C+FB Wild camping with food for all meals

Alternative accommodation is available on most trips. Please ask. A quote will be provided which will include an administration charge. On holidays with hotel/guest house accommodation, we strongly recommend booking more than 8 weeks in advance to ensure the accommodation can be provided as advertised.

> Transport

FS Support manager and vehicle for customers and baggage transfers
FT Vehicle for customers and baggage transfers as required
PT Customers and baggage transferred as required
NT No vehicle transport during the trip except from and back to Stirling

These trips include all in-holiday transport plus from and back to Stirling unless otherwise stated.

OPEN GUIDED

WAYS & TRAILS

A Cape Wrath Trail

> Grade **3-4** > Accommodation: 18xYH+FB > Transport: FS

Very achievable, definitely adventurous, continuous trek, from Fort William in the heart of the Highlands, to Cape Wrath, the north west tip of the UK mainland; about 225 miles of fascinating wild landscapes and ever changing vistas in 17 one day stages. (No need to stay in tents or bothies, or to carry heavy kit; daily support is provided). It's hard to believe there is so much wild, untamed terrain in the UK. This is a route of incomparable contrasts, of wild passes and lonely glens, between awe-inspiring mountains and along stunning coasts. The opportunity for wildlife spotting is considerable, as we pass through habitats where one would not be surprised to see creatures like – red deer, golden eagles, ptarmigan, otters, seals, basking sharks... to name but a few. This is a great adventure for the intrepid!

A Cape Wrath Trail (South)

> Grade **4** > Accommodation: 10xYH+FB > Transport: FS

Follow the Southern section of this challenging route in 10 manageable chunks, from Fort William to Ullapool. Return next year to finish it off.

A Cape Wrath Trail (North)

> Grade **3** > Accommodation: 8xYH+FB > Transport: FS

Follow the Northern section of this challenging route in 7 reasonable bits, from Ullapool to Cape Wrath. Great as a stand-alone holiday or to conclude unfinished business.

Skye Trail

> Grade **3** > Accommodation: 9xYH+FB > Transport: FS

The Isle of Skye or 'winged island' with its 300 miles coast line, is one of those places that inspires with its at times savage natural beauty, its history and wildlife. Also known as the Misty Island (Eilean a' Cheò), its pervading Gaelic culture gives a character that is quite different. The whole combination draws one back again and again. This wild and rugged walk from north to south, of some 80 odd miles, is constantly fascinating, regularly challenging, and never boring. It will provide memories to last a lifetime.



OPEN GUIDED

WILDERNESS BACKPACKING

Fisherfield Raid

> Grade **5** > Accommodation: 3xC+FB > Transport: NT

Our base camp in the heart of the Fisherfield 'Big Six' is a location without compare from which to collect these fine remote mountains. Backpacking and camping required.

Ben Alder Raid

> Grade **4** > Accommodation: 3xC+FB > Transport: NT

This raid is just perfect for giving wilderness backpacking a try. There is a pleasant undulating trek on easy terrain to and from our chosen camping spot, with two days in between to capture Carn Dearg, Geal Charn, Aonach Beag, Beinn Eibhinn, Beinn Bheoil and Ben Alder. You'll be surrounded by mountains but won't have to carry all your kit up and down them. You're there just to enjoy.

INDEPENDENT

HIGHLANDS & ISLANDS

Highlands & Isle of Skye

If you want to see a wide variety of Scotland in a short time, this 10 night holiday is the tour for you. The flexible itinerary allows you to choose the balance between walking and sightseeing. Bases are in Highland Perthshire, the Isle of Skye and the West Highlands, each providing a choice of walks and sightseeing.

Skye Explorer

9 night holiday for Skye exploring. The semi-flexible itinerary allows you to choose the balance between walking and sightseeing. Elgol, Coruisk, Sligachan, the Storr, the Quiraing are all choices, plus the landscapes are just stunning. Combine this freedom with a couple of the Classic train journeys of Europe and you have a holiday to dream about.

Island Hop, Walking & Whisky

7 night island hopping tour with 5 walking days and the possibility of visiting distilleries on Arran, Islay and Jura. These islands are wonderful examples of the variety of walking, landscapes, and history of Scotland. Rocky coasts, white strand beaches, wooded castle gardens, isolated standing stones, bustling island life, and the ancient heart of Gaeldom merge seamlessly.

WAYS & TRAILS

Any Scottish 'Way' In Any Way

There are far too many to mention here. Please refer to the 'Independent' or 'Specially for You' sections on our website.

Trossachs National Park Trail

A wee jaunt of about 30 miles through the eastern parts of Loch Lomond & Trossachs National Park. 3 nights plus 3 fine days.

West Highland Way Highlights

A condensed version of this classic, with walking over 4 days from Crianlarich to Fort William; a great option if you're short of time to explore.

Loch Lomond to Loch Ness

This 80 miles route is sure to become one of the classic walks of Scotland; from the shores of the Bonnie Banks of Loch Lomond to the shores of Loch Ness.

PRIVATE GUIDED

OUR DATES DON'T SUIT?

THE WALK NOT QUITE RIGHT FOR YOU?

INSPIRED BY AN ALTERNATIVE CHALLENGE?

C~N~Do has over 30 years' experience of organising fun, memorable and, at times, life-changing walking holidays.

Walking with small groups means we can tailor-make or adapt any of our open trips.

Many folk have commissioned private trips for groups of friends or colleagues, an extended family gathering, or special interest groups who want to explore Scotland through the slow travel medium of walking.

For small or larger groups, we can work with you to put together a unique programme of activities and exploration.

Get in touch soon!

HERE ARE SOME WE CREATED EARLIER -

- WALKING THROUGH SCOTTISH HISTORY
- MUSIC, WALKING AND LANDSCAPES OF SCOTLAND
- A SPECIAL HIGHLAND TRAIL FOR ALL THE FAMILY
- WINTER WALKING AND DARK SKIES EXPERIENCE
- CHALLENGE ROUTES FOR CHARITIES